



WELLNESS

CHALLENGE

Reach out



Make meaningful connections

Ever feel a bit disconnected? Like you're having trouble relating to the people around you? You're not alone. One in five Americans say they feel lonely and socially isolated as well.¹ The good news? Loneliness can encourage you to open up and practice your social skills. So you can learn to connect with others in a deeper, more thoughtful way.

Start your challenge today

Find ways to make more meaningful connections with others for four weeks.

How to begin

Start your challenge today.

- ✓ Look at the list of activities.
- ✓ Complete at least three out of the six activities each week.
- ✓ Use your tracker to log all your activities.



¹Health Resources and Services Administration. The "Loneliness epidemic." Available at: [hrsa.gov/enews/past-issues/2019/january-17/loneliness-epidemic](https://www.hrsa.gov/enews/past-issues/2019/january-17/loneliness-epidemic). Accessed November 28, 2023.

WELLNESS

CHALLENGE

Come
together



Connect with others on a deeper level with these activities:



Be kind to others

Compliment someone freely. Or do a random act of kindness.



Listen

Be an active listener to everyone who speaks to you.



Get in touch

Write a letter, email or text to someone with no expectations — just to talk.



Be curious

Observe and ask people open-ended questions to learn more about them.



Make eye contact

Give someone your full attention when you're speaking to them.



Volunteer

Give your time to a service project or to help someone in need.

Services are provided by ActiveHealth Management, Inc. ActiveHealth Management, Inc. is part of the CVS Health® family of companies. Our programs, care team and care managers do not provide diagnostic or direct treatment services. We assist you in getting the care you need, and our program is not a substitute for the medical treatment and/or instructions provided by your health care providers.





Keep making CONNECTIONS

See how well you're doing

Complete at least three out of the six activities each week for four weeks.

	Day	Be kind to others	Get in touch	Make eye contact	Listen	Be curious	Volunteer
Week 1	1						
	2						
	3						
	4						
	5						
	6						
	7						
Week 2	1						
	2						
	3						
	4						
	5						
	6						
	7						
Week 3	1						
	2						
	3						
	4						
	5						
	6						
	7						
Week 4	1						
	2						
	3						
	4						
	5						
	6						
	7						

Services are provided by ActiveHealth Management, Inc. ActiveHealth Management, Inc. is part of the CVS Health® family of companies. Our programs, care team, and care managers do not provide diagnostic or direct treatment services. We assist you in getting the care you need, and our program is not a substitute for the medical treatment and/or instructions provided by your health care providers.

